



### American Music Theater Christmas Show

"Joy to the World"—date changed to **Tuesday, November 12th**, price reduced to \$79, money due October 11th, checks payable to **Liz DiOrazio**, depart 10:30AM from East Park Shopping Center (Home Depot) on Derry Street, lunch at Shady Maple at 12PM, show at 3PM.

### Wind Creek Casino (Sands)

**Thursday, November 7th**, cost \$38, depart 8:30AM from At Home/Best Buy.

### Medicare and Health Insurance Updates for 2020

On **Tuesday, October 22nd at 9:30 am**, join **Go Comprehensive** for a fun, informative, and friendly discussion about the Medicare Annual Enrollment period. As always there are various changes within the Medicare system and the various plans. Great news — Jay and Robin from Go Comprehensive LLC are here to help! They have been working within the Medicare system for over 11 years and are well versed on all of the changes and how they could affect you. Whether you have Employer benefits, Spousal benefits, or are on your own in the Medicare market, come out and get clear, non-biased answers to your questions and find out what option is best for you.

#### Topics to be covered include:

- ◆ What changes are happening within Medicare?
- ◆ Is my current Health Plan right for me?
- ◆ What is the difference between Preferred vs Standard Networks?
- ◆ What options do I have if my Health Plan cancels or if I can't afford it?
- ◆ Can I get help paying for my prescriptions?

**Gifts will be given to those in attendance.**

**Go Comprehensive will be laminating Medicare cards upon request.**



- Medicare Questions
- Prescription Plans
- Income Guidance
- Estate Questions



**Clear advice from people who care.**

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## OCTOBER 2019 NEWSLETTER



- ◆ **Tuesday, October 8th, at 10:00AM — Home Instead Senior Care** presentation by **Maureen Elliott**
- ◆ **Wednesday, October 16th, at approximately 10:00AM** (following General Meeting at 9:30AM) — **Intruder Alert, Part 2 by Cpl. Cook, Lower Paxton Police Department** — *This presentation may contain parts that depict violence and could be disturbing to some people. As unpleasant as this topic may be, this is the world we now live in and it is important to be aware and prepared.* (Spanish Class is canceled and Tai Chi may be late starting due to Intruder Alert Training.)
- ◆ **Tuesday, October 22nd, at 9:30AM — Go Comprehensive** presentation **"Medicare and Health Insurance Updates for 2020"**
- ◆ **Wednesday, October 23rd, 9:00-11:00AM — Flu Shot Clinic** provided by **Weis Pharmacy** (you must sign up at the desk and fill out some paper work prior to the clinic)
- ◆ **Tap Classes** will **END** for the year on **Wednesday, October 30th**, and will resume on **Wednesday, February 5th, 2020**.

#### THANKS to....



- ◆ **Mary Lou & Carl Martz** and **Richard Lytle** for their help with Senior Center cleaning during Maintenance Week.
- ◆ **Cpl. Walt Cook** with the **Lower Paxton Police Department** for presenting the first session of **Intruder Alert Training**.
- ◆ **Jason Turri** of **Go Comprehensive** for the pies we enjoyed following our September General Membership Meeting and Intruder Alert Training.

### SUNSHINE CORNER

Cards were sent to:

**Mary Alice Keys, Barb Mihalic** (husband), **Lily Black, Gloria Brougher, Gerry Cook** (sister)



*If you know of anyone needing a cheery word or prayers, please jot down as much information as you can (name, address, family, concern) and give it to someone at the desk.*





# October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Open 8AM – 3PM 8:30-9:30 Blood Pressure Check	2 Open 8AM – 3PM	3 Open 8AM – 3PM	4 Open 8AM – 3PM 9:30 Program Committee Mtg	5 Closed
6 Closed	7 Open 8AM – 3PM	8 Open 8AM – 3PM 10:00 Home Instead Senior Care presentation	9 Open 8AM – 3PM 8:30-9:30 Blood Pressure Check	10 Open 8AM – 3PM	11 Open 8AM – 3PM 9:00 Executive Board Mtg	12 Closed
13 Closed	14 Open 8AM – 3PM 	15 Open 8AM – 3PM 8:00-11:00 Craft Sale	16 Open 8AM – 3PM 9:30 General Membership Mtg 10:00 "Intruder Alert, Part 2"	17 Open 8AM – 3PM	18 Open 8AM – 3PM	19 Closed
20 Closed	21 Open 8AM – 3PM	22 Open 8AM – 3PM 9:30 "Medicare and Health Insurance Updates for 2020" — Go Comprehensive	23 Open 8AM – 3PM 9:00-11:00 Flu Shot Clinic	24 Open 8AM – 3PM	25 Open 8AM – 3PM	26 Closed
27 Closed	28 Open 8AM – 3PM	29 Open 8AM – 3PM	30 Open 8AM – 3PM	31 Open 8AM – 3PM 	Closing for Thanksgiving: Wednesday, November 27th, through Friday, November 29th.	Closing for Christmas: Monday, December 23rd through Friday, January 3rd.

## Every Monday:

8:00—3:00 Card playing  
8:00—9:00 Light Aerobics  
8:30 & 11:45 Aquacise (\$3, Therapy Pool)  
10:00—11:00 Tai Chi (60 or older)  
1:00—2:00 Line Dancing

Marie Tennant will teach individual 50 minute **computer lessons** on Mondays and Tuesdays for \$5; schedule at desk.

## Every Tuesday:

8:00—3:00 Card playing  
8:00—9:00 PEPP/HSIM  
8:40 Aquacise (\$3, Lap Pool)  
9:00—11:30 Group Knitting and Crocheting  
10:30 —11:30 Beginner Italian Class (conf. room)  
12:30 Cash Bingo  
1:00 Lap Swimming/Walking (\$3)

## Every Wednesday:

8:00—3:00 Card playing  
8:00—9:00 Light Aerobics  
8:30 & 11:45 Aquacise (\$3, Therapy Pool)  
9:00—12:00 Casual Art Class w/ Marty  
10:00—11:00 Spanish Class  
11:30—12:30 Tai Chi (60 or older)  
12:30 Bridge Group  
1:30-2:30 Tap Dancing

## Every Thursday:

8:00—3:00 Card playing  
8:00—9:00 PEPP/HSIM  
8:40 Aquacise (\$3, Lap Pool)  
10:00 Scrabble  
12:00—3:00 Casual Art Class w/ Marty  
12:00 Group Sewing/Crafting  
1:00 Lap Swimming/Walking (\$3)



## Every Friday:

8:00—3:00 Card playing  
8:00—9:00 Light Aerobics  
8:30 & 11:45 Aquacise (\$3, Therapy Pool)  
9:30 Bridge Classes w/ Mr. Henning  
10:30—12:30 Advanced Italian Class (conf. room)  
12:00 Group Knitting and Crocheting